

## Dry Beans and Peas

This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!





*Dry Beans and Peas*

# Harvest Stew

**DAVID D. JONES ELEMENTARY SCHOOL**

Greensboro, North Carolina

## Our Story

When the recipe challenge team came together to work on this recipe challenge project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then began experimenting with different ingredients and recipes and held small taste testing sessions to gather feedback and make improvements. All of their hard work led to the development of Harvest Stew.

This flavorful dish was created to satisfy the palate of students, teachers, and staff while being a filling, nutritious meal to fuel them for the rest of their day. Initially when the Harvest Stew recipe was created, it was prepared with kale. However, spinach was substituted because it was more readily available for the school district.

Over 600 students sampled the recipe during their lunch period. Parents of students were also encouraged to attend the tasting with their children. Parents, students, and teachers were enthusiastic about the new recipe and overwhelmingly enjoyed the dish, with 70 percent of the students approving of the recipe. The school is proud that North Carolina sweet potatoes from their *Farm to School* program were featured in this stew.

## School Team Members

### SCHOOL NUTRITION PROFESSIONAL

Pam Cecil

### CHEF

Matthias Hartmann

### COMMUNITY MEMBERS

Jen Schell (Parent) and Amanda Hester (Nutritionist)

### STUDENTS

Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.



# Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable

Soups H-10r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup 1 Tbsp		¾ cup	1. Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.
*Fresh onions, diced	1 lb 4 oz	3 cups	2 lb 8 oz	1 ½ qt	
*Fresh carrots, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
*Fresh celery, diced	1 lb 1 oz	3 ½ cups	2 lb 2 oz	1 qt 2 ¾ cups	
Enriched all-purpose flour	3 oz	½ cup 1 Tbsp	6 oz	1 cup 2 Tbsp	2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.
Water		2 qt 2 cups		1 gal 1 qt	
Low-sodium chicken base		1 Tbsp		2 Tbsp	
Salt-free seasoning		1 tsp		2 tsp	3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
Garlic powder		1 Tbsp		2 Tbsp	
Canned low-sodium diced tomatoes	3 lb 4 oz	1 qt 2 ½ cups (½ No. 10 can)	6 lb 8 oz	3 qt 1 cup (1 No. 10 can)	4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
*Fresh sweet potatoes, peeled, cubed 1"	1 lb 8 oz	1 qt 3 cups	3 lb	3 qt 2 cups	
*Fresh red potatoes, unpeeled, cubed 1"	1 lb 8 oz	1 qt	3 lb	2 qt	
Frozen, cooked diced chicken, thawed, ½" pieces	1 lb 10 oz	1 qt 1 ½ cups	3 lb 4 oz	2 qt 2 ¾ cups	5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes.  Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	7 lb OR 7 lb	3 qt 1 ½ cups (1 ¾ No. 10 cans) OR 3 qt 1 ½ cups	14 lb OR 14 lb	1 gal 2 ¾ qt (3 ½ No. 10 cans) OR 1 gal 2 ¾ qt	



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**Soups H-10r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh baby spinach, chopped	5 oz	2 cups	10 oz	1 qt	
					6. Critical Control Point: Hold for hot service at 135 °F or higher. 7. Portion with 6 fl oz ladle (¾ cup).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

### SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 6 ¾ cups cooked beans.

## Nutrients Per Serving

Calories	123.71	Saturated Fat	0.27 g	Iron	1.88 mg
Protein	7.95 g	Cholesterol	13.14 mg	Calcium	50.22 mg
Carbohydrate	18.19 g	Vitamin A	3426.42 IU	Sodium	57.37 mg
Total Fat	2.24 g		(162.53 RAE)	Dietary Fiber	5.03 g
		Vitamin C	8.83 mg		

## Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 8 oz	3 lb
Carrots	15 oz	1 lb 14 oz
Celery	1 lb 4 ½ oz	2 lb 9 oz
Sweet potatoes	2 lb	4 lb
Red potatoes	1 lb 8 ¾ oz	3 lb 1 ½ oz
Dry great northern beans	2 lb 8 oz	5 lb
Baby spinach	6 oz	12 oz

Serving	Yield	Volume
¾ cup (6 fl oz ladle) provides:	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts
<b>Legume as Meat Alternate:</b> 1 ½ oz equivalent meat/meat alternate, ⅓ cup red/orange vegetable, and ¼ cup additional vegetable.	100 Servings: about 37 lb 8 oz	100 Servings: about 4 gallons 3 quarts
OR		
<b>Legume as Vegetable:</b> ½ oz equivalent meat, ¼ cup legume vegetable, ⅓ cup red/orange vegetable, and ¼ cup additional vegetable.		
<i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>		